

What if I miss a dose?

Use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next dose.

Do not double the dose.

How to store?

♥ Store in a cool, dry place and away from direct heat and light.

♥ Precaution of storage of metered-dose inhaler

- The metal canister should not be stored separately from the plastic holder.
- The metal canister contains compressed gas. Do not puncture and keep away from heat to avoid hazard.

♥ Keep out of reach of children.

♥ Discard all medications that have expired or are no longer required.

♥ Do not share the medications with other people.

Common mistakes when using Metered-dose Inhalers

Common mistakes	Consequences
● Not shaking your inhaler before use.	● Insufficient amount of medication is released from the inhaler.
● Not holding the inhaler in upright position during use.	● Insufficient amount of medication is released from the inhaler.
● The mouthpiece is blocked by teeth or tongue during use.	● Insufficient amount of medication is inhaled into the lungs.
● Not breathing in steadily and deeply when pressing down the top of the inhaler.	
● Not holding your breath (for about 10 seconds) after inhalation.	● Insufficient time for the medication to exert therapeutic effect in the lungs.

Pharmacist's advice

1. To control asthma effectively, you should:
 - Use the medications as directed. Do not stop using the medications or change the dose or frequency unless directed by your doctor.
 - Learn how to use the inhalation medications correctly (please refer to the relevant leaflets).
 - Avoid contact with common asthma triggers such as pollen, cold air, etc.

2. If you have been prescribed with both bronchodilator and corticosteroid inhaler, you should use the bronchodilator first as it helps to dilate the airway and allows the corticosteroid to reach the lungs more effectively.
3. Without medical advice, patients with severe asthma should avoid using aspirin or non-steroidal anti-inflammatory drugs because these medications may trigger an asthma attack. Please consult your doctor or pharmacist before using any other medications.
4. Please clean the inhaler according to product information.
5. If you have history of drug allergy, consult your doctor or pharmacist before using the medications.
6. Tell your doctor and pharmacist if you are pregnant, planning to become pregnant or breastfeeding.
7. Consult your doctor or pharmacist before using any other medications, including health supplements, Traditional Chinese Medicines, Proprietary Chinese Medicines and over-the-counter medications.
8. Please consult your doctor or pharmacist if you encounter any difficulties in using the medications.
9. Please consult your doctor if symptoms persist or worsen after using the medications.

**? For any queries,
please seek advice from your doctor,
pharmacist or other healthcare
professionals.**

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Medications for Asthma – Metered-dose Inhalers



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What is Asthma



Asthma is a chronic respiratory disease which is caused by hypersensitivity of the airway. Inflammation of the airway causes swelling of the airway muscle and excessive mucus secretion which lead to narrowing of airway and shortness of breath. Although asthma cannot be cured, there are many medications that can prevent and control the symptoms, and reduce complication risks. Patients should therefore use their medications as directed regardless of their disease severity.

How is Asthma treated?

There are two main types of medications for the treatment of asthma

- (i) Long-term control medications "Preventer" – long-term use is required for these medications to be effective. They maintain control of persistent asthma by attenuating the chronic inflammation. A common example is inhaled corticosteroid.
- (ii) Quick relief medications "Reliever" – offer rapid relief by dilating the constricted airway during acute attacks. They are not suitable for long-term asthma control.

Most medications for asthma are delivered via inhalation, allowing the medications to reach the lungs directly, rendering rapid therapeutic effect while reducing side effects. On the other hand, oral medications take longer to demonstrate therapeutic effect and side effects are more common. Oral medications are generally used in patients with intermittent attacks or inability to use inhalation devices effectively. In patients with severe disease, oral medications can also be used along with inhalation medications to optimize therapeutic effect.

Use of Metered-dose Inhaler for Asthma medications

There are a variety of inhalation devices, including dry-powder inhaler, metered-dose inhaler, soft mist inhaler, etc. Metered-dose inhaler is the most commonly used inhalation device. Severe side effects associated with inhalers are uncommon at therapeutic doses. Common side effects of inhaled corticosteroids include dry mouth, hoarseness or oral cavity infection. However, these side effects can be greatly reduced by rinsing mouth with water after each inhalation.

Medications used in metered-dose inhalers include:

Quick relief medications "Reliever"	Long-term control medications "Preventer"
<ul style="list-style-type: none"> ● Beta₂-agonists (Short-acting inhaler) e.g. Salbutamol <ul style="list-style-type: none"> - Relieve symptoms of asthma only. - Rapidly dilate the airway and soothe breathing. ● If you need to use this inhaler frequently, please inform your doctor, as this may indicate your condition has not been controlled effectively. You should carry it with you at all times. 	<ul style="list-style-type: none"> ● There are two types, namely: <ol style="list-style-type: none"> i) Inhaled corticosteroids e.g. Beclomethasone, Budesonide, Fluticasone, etc. <ul style="list-style-type: none"> - Relieve airway inflammation and prevent asthma attack. ii) Beta₂-agonists (Long-acting inhaler) e.g. Formoterol, Salmeterol, etc. <ul style="list-style-type: none"> - Dilate the airway up to 12 hours and usually use together with inhaled corticosteroids. ● You should not stop using these medications without medical advice even if your symptoms improve.

How to use Metered-dose Inhaler?

Note: You must use the inhalers properly in order to control asthma effectively. Improper use of inhalers can result in underdosing or overdosing.

Your metered-dose inhaler must be primed before using for the first time

- (A) Follow step (1) to (3), remove the mouthpiece cover and shake the inhaler well.
- (B) Release 2 sprays into the air; shake well before each spray*.

* The "priming" method may vary among inhalers, please refer to the instruction of individual inhaler.

1. Remove the mouthpiece cover.



2. Hold the inhaler in upright position (with the mouthpiece down).
3. Shake the inhaler well.

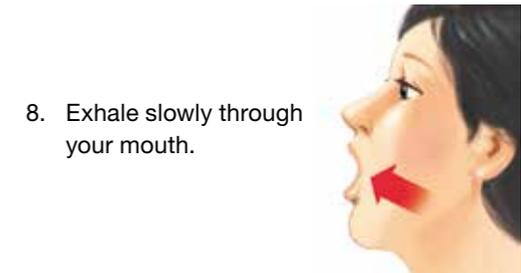
4. Breathe out as far as is comfortable.



5. Place the mouthpiece in your mouth between your teeth and close your lips around it.
6. Just after starting to breathe in through your mouth, press down on the top of the inhaler to release the medication while still breathing in steadily and deeply.



7. Remove the inhaler and hold your breath for about 10 seconds.



8. Exhale slowly through your mouth.

If you need to take more than 1 puff...

9. Wait about half a minute and repeat step (3) to (8).



10. Replace the mouthpiece cover by snapping the cap into position.

Rinse your mouth with water after using inhaled corticosteroids to reduce side effects caused by residual drug left in the mouth cavity (e.g. thrush).